Weight Loss and General de-conditioning

As of today (2.29.16) I am 94 lbs. At the beginning of January I was 105 lbs.

When I was really into "dance aesthetic" I was mindful of my physique, and tracked what I ate, my body fat and such, because I thought it was nicer for the audience to look at a physique in great shape on stage rather than one not in shape. Then I decided I wanted to let go of this notion, and let myself be softer and put on more weight, especially after menopause, and feeling this might be healthier. My dancer weight ran 98-100. Over 5 years it slowly inched up until I was running around 105. Which doesn't seem like much, but it is for a small frame. It made dancing actually a bit more difficult, but I was glad that I could be happy with my shape no matter what it was weight wise. But this recent weight loss, I am not sure what this is about, just the nutritional changes eating cleaner, the nausea, the lack of appetite (sometimes I have to make myself eat), the time in the hospital for the procedure. I am trying not to stress about it.

In my 30s

In my 40s

@ 50

2015 - Performing in Slovenia

I am no longer able to dance. I can walk around 100 yards.